

FILM. MORETZ SPEAKS FOR HER GENERATION

AND SHE SAYS THEY'RE SO OVER TECHNOLOGY. PAGE 11

metro

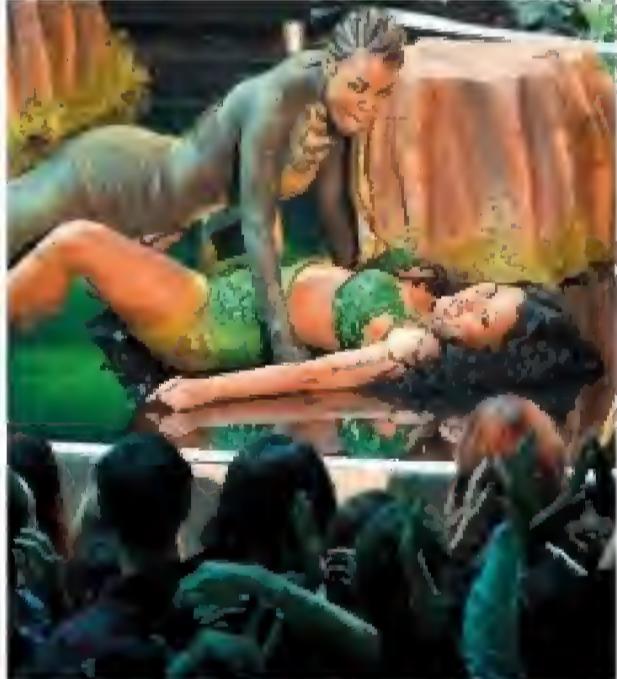
BOSTON Monday, August 25, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

'Yo, boss,
this damn
meeting is
so boring!'

Boston
Iron begin
inaugural
season

PAGE 14

PAGE 16



**'OH, MY GOSH,
LOOK AT HER BUTT'**

Nicki Minaj's opening performance of her "Anaconda" single on Sunday night's MTV Video Music Awards dominated early conversation of the VMAs. For red carpet coverage, turn to page 10. For full coverage, visit Metro.us.



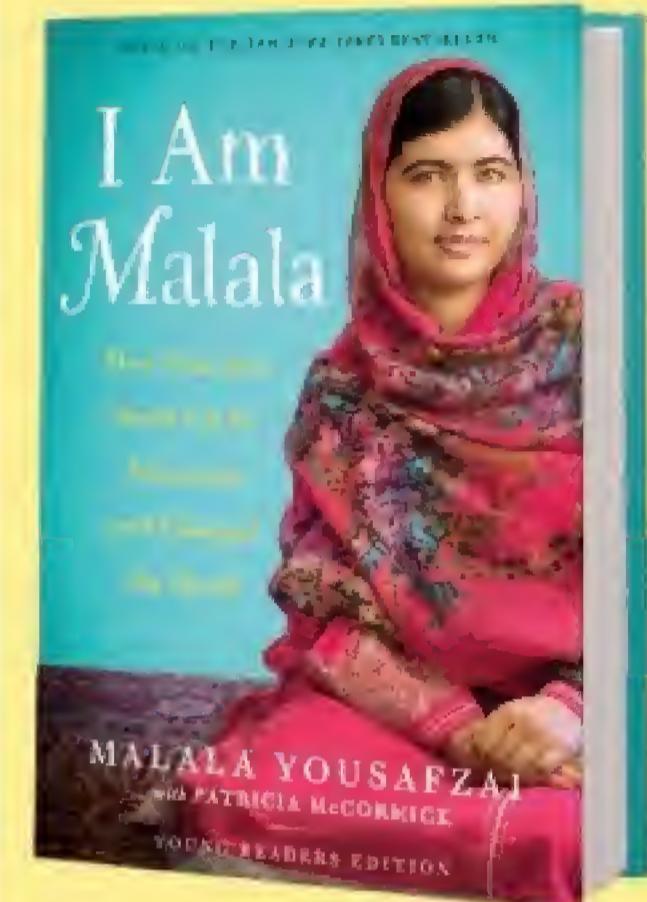
DEADLY DOG VIRUS GRIPSMASS.

Health. The Massachusetts Society for the Prevention of Cruelty to Animals is urging dog owners to vaccinate against the highly contagious parvovirus, which has killed 15 dogs in two weeks. PAGE 02

A veterinarian technician assisted a vet as she administered a parvovirus vaccine to a dog named Rocky on Sunday.

NICOLAUS CZARNECKI, METRO

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NEWS

Today's tweet

"I've gone in Market Basket twice since this whole thing started, and I felt like I've been committing a sin the whole time," #MarketBasket

@TrishaThadani is engrossed in her grocer's woes.



Top 3

What's trending online at Metro.us

1 Michael Sam sacks Johnny Manziel, Internet falls apart

2 VIDEO: Amy Sedaris teaches Jimmy Fallon CPR

3 VIDEO: Whale teases kids at Connecticut aquarium

Deadly dog virus has pet owners on alert

Merrimack Valley. A dreaded parvovirus outbreak has struck Massachusetts, prompting a vaccination drive.

Two communities north of Boston are on alert after 15 dogs have died in what the Massachusetts Society for the Prevention of Cruelty to Animals (MSPCA) is describing as the worst parvovirus outbreak in at least five years.

The outbreak of the highly contagious viral disease in Lowell and Lawrence prompted the MSPCA to organize free vaccine clinics to those residents over the weekend.

Though officials hope to keep the virus contained, it is common for the virus to pop up in densely populated urban areas like Boston.

As of Sunday, nearly 700 free vaccines had been handed out, according to Michael Keiley, director of Noble Family Animal Care and Adoption Center at MSPCA Nevins Farm.

"Parvovirus outbreaks don't happen as frequently as they used to," said Keiley. "It used to be an incredibly problematic issue for shelters. We often find that outbreaks will happen in urban areas where a lot of dogs interact and residents can't afford to get vaccines."

Keiley said several alarmed dog owners have reached out to the MSPCA for answers, and he is telling them the common canine distemper vaccines protect the animals.



Veterinarian technician Kelly Keiley, right, helps Dr. Nicole Breda, left, vaccinate Brownie on Sunday to help prevent the spread of the highly contagious parvovirus. / NICOLAUS CZARNECKI, METRO



Visit [Metro.us](#) to find out how to treat parvovirus should your dog get it.

Although the vaccines run between \$15 and \$25, coinciding exam fees can cost upward of \$70 and often deter low-income dog owners from vaccinating their pets.

The viral disease causes vomiting, loss of appetite, fever, diarrhea and dehydration, according to the American Veterinary Medical Association, and can kill a dog within 48 to 72 hours of contraction.

Pet owners are urged to vaccinate their dogs and avoid bringing potentially unvaccinated dogs to places where the virus might be found, such as a dog park, as the virus is transmitted through dog-to-dog contact or contact with contaminated stool or other materials.

"I feel badly that we can't offer the free vaccines to ev-

Quoted

"There is a silver lining. It's sad, but this type of thing makes people aware of the importance of vaccines."

Michael Keiley, MSPCA

erybody, but our goal right now is to try to contain the outbreak," said Keiley. "We are focusing our energies on that."

 MORGAN ROUSSEAU
@MetroMorgan
morgansousseau@metro.us



A candle and bouquet of flowers lay at the corner of Blue Hill Avenue and Charlotte Street in Dorchester where Dawnn Jaffier was shot and killed over the weekend. / NICOLAUS CZARNECKI, METRO

Dorchester. Woman, 26, shot dead viewing parade

A memorial was set up on Blue Hill Avenue on Sunday after a Boston woman was killed during a shooting at Dorchester's J'ouvert Parade.

Police arrested Keith Williams, 18, who they saw running from the scene. He is charged with unlawful possession of a firearm and unlawful possession of ammunition. The investigation is ongoing.

MORGAN ROUSSEAU

Allegations



Everett mayor accused of sexual harassment

Everett Mayor Carlo DeMaria is accused of sexually harassing at least four women in the last decade, including a city employee who said she resigned after the politician allegedly asked for oral sex in 2012, The Boston Globe reports.

Another woman, the mother of a soldier serving in Iraq, claimed DeMaria groped her when she went to his office in 2008 to ask for help starting a program for military families. No charges have been filed and DeMaria denies the claims. [GLOBE](#)

Terror case

Bombing suspect's widow moves to NJ

The widow of deceased Boston Marathon bombing suspect Tamerlan Tsarnaev has reportedly moved from Rhode Island to New Jersey to live with her late husband's sisters.

WCWB tracked down Katherine Russell, 25, to North Bergen last week. When New York Post reporters caught up with her on Saturday, the reclusive mother allegedly yelled, "Get out! Why don't you leave us alone?"

Tsarnaev is believed to have carried out the deadly April 2013 terror attack with his brother, Dzhokhar, and is also suspected in the shooting death of MIT police officer Sean Collier.

The FBI has questioned Russell in the bombing case, though she has not been charged or called to testify at Dzhokhar's upcoming trial.

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Negotiations

End nears in Market Basket saga

Market Basket's board was expected to meet late last night to try to finalize a deal to give control to ousted CEO Arthur T. Demoulas, who reportedly bid \$1.5 billion to take over the embattled company.

A deal was expected to be announced as early as today, likely putting an end to more than a month of employee picketing. **METRO**

Racing

Walsh wants Grand Prix in Seaport District

Mayor Marty Walsh has created a Boston Grand Prix committee to explore bringing an IndyCar race to streets in the Seaport District by 2016, the Boston Herald reports. **METRO**



Car show connects toys with car lovers

The Lego Volvo XC90 was front and center on Sunday at the 15th Swedish Car Day held at Larz Anderson Auto Museum in Brookline, which displayed hundreds of historic and unique cars. The full-sized Volvo was assembled out of thousands of Lego bricks, in advance of Wednesday's introduction of the new Volvo XC90 SUV in Stockholm. In addition to viewing hundreds of cool cars, attendees also left with a commemorative T-shirt.

NICOLAEUS CZARNECKI, METRO

Revere. Homeowner faces misdemeanor in double shooting incident

A 77-year-old man is due in Chelsea District Court today for unlawful possession of a gun after he allegedly shot two men at his Revere home early Saturday.

The Suffolk District Attorney's office said Robert Distefano shot a 21-year-old man and the man's 50-year-old stepfather after they struck his Oak Tree Lane home with rocks and baseball bats.

The incident happened after the younger man was kicked out of a party at the residence for fighting. He later returned with his stepfather and a female relative and began striking the house, the DA's office said.

Distefano allegedly fired the weapon when the two men approached him. The younger man suffered critical injuries but is expected to survive after surgery at Massachusetts General Hospital, and the 50-year-old suffered gunshot wounds to his back

Illegal guns

State law mandates that possession of an illegal firearm in a person's home carries no minimum mandatory sentence if considered a misdemeanor.

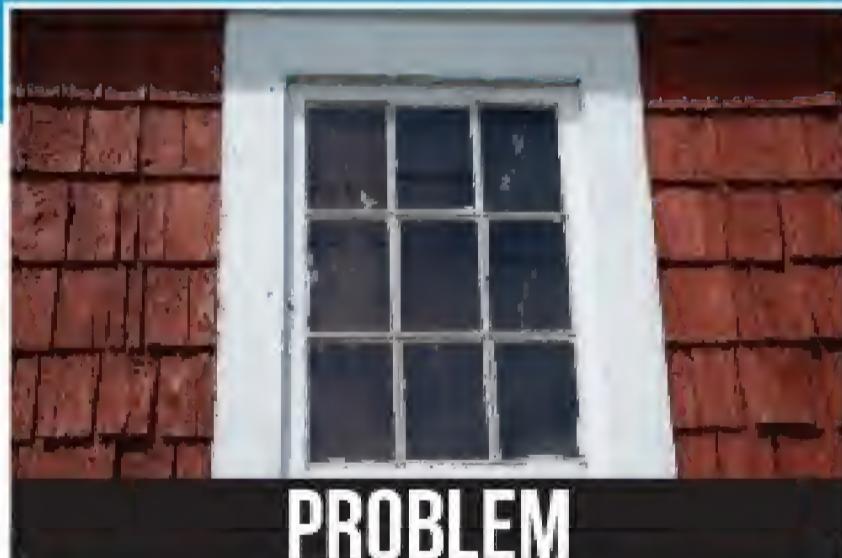
- Those caught illegally possessing a firearm in public face a minimum mandatory sentence of 18 months in jail and the potential of a state prison sentence.

and arm that are not believed to be life-threatening.

The handgun is believed to have belonged to a deceased family member.

A DA spokesman said Distefano was charged only with unlawful possession of a firearm within a home — a misdemeanor with no mandatory jail time — and not with any offenses stemming from the shooting. **MORGAN ROUSSEAU**

Throwing Your Money Out the Window?



PROBLEM - As your home ages, so do your windows. Old windows can cause elements that are supposed to stay OUT of your house, to come inside.

RISK - Not taking care of your home's windows can lead to increased energy bills and issues like water damage, wood rot, or worse!

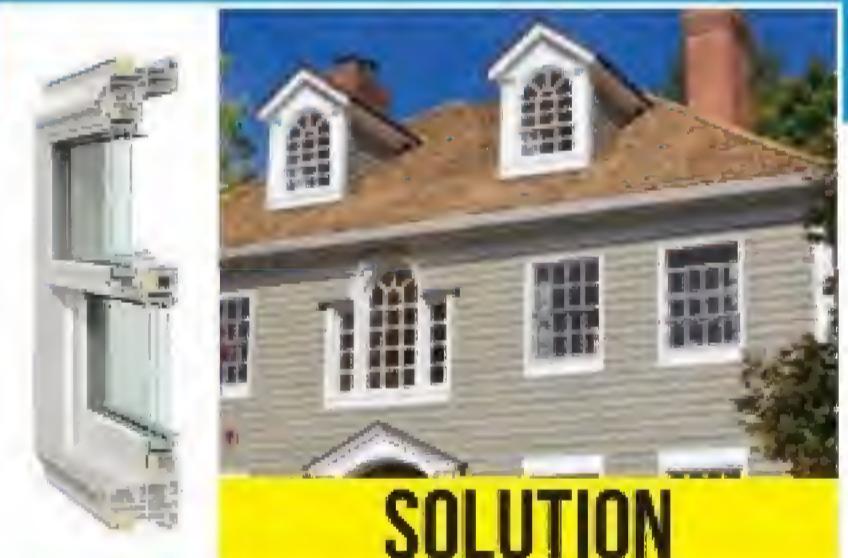
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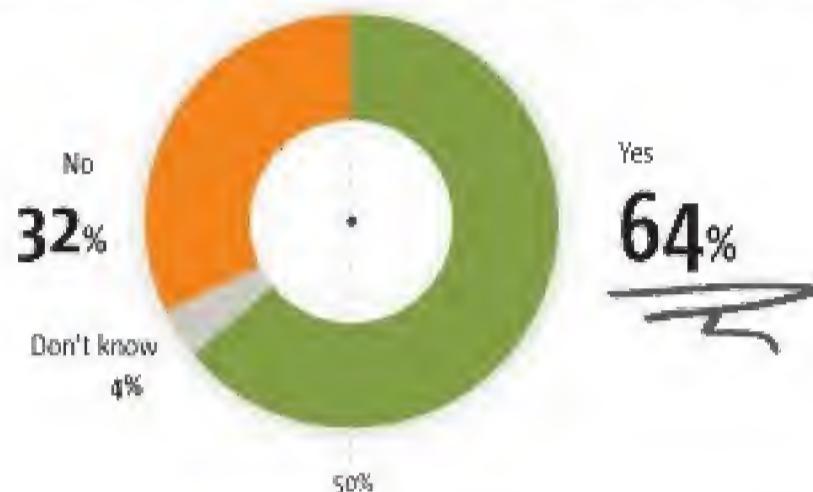
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Satisfied with local schools

In a Boston Globe poll, voters expressed confidence in public schools — particularly those attended by their own children.

Would you be willing to pay an additional \$10 a month in taxes if you knew that the money would go to improve schools in your city or town?



Name: _____

Date: _____

Multiple-Choice Quiz

Directions: Select the best possible answer from the given options.

1. Overall, how satisfied are you with the quality of education of public schools...

...in Massachusetts?

- A. Very satisfied 28%
- B. Somewhat satisfied 44%
- C. Not very satisfied 12%
- D. Not at all satisfied 8%
- E. Don't know 7%

...in your city or town?

- A. Very satisfied 38%
- B. Somewhat satisfied 34%
- C. Not very satisfied 11%
- D. Not at all satisfied 10%
- E. Don't know 7%

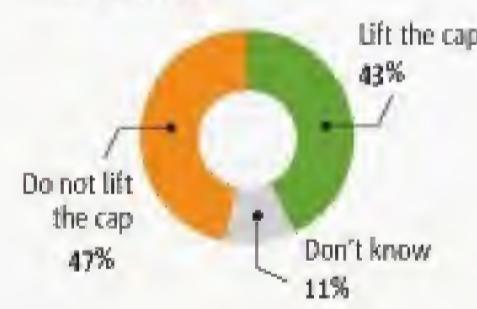
...that your child or children have attended?

- A. Very satisfied 45%
- B. Somewhat satisfied 31%
- C. Not very satisfied 5%
- D. Not at all satisfied 5%
- E. Didn't attend public school 11%
- F. Don't know 2%

2. How prepared do you think graduates of Mass. public schools are compared to graduates from other states?

- A. More 48%
- B. Same 33%
- C. Less 10%
- D. Don't know 9%

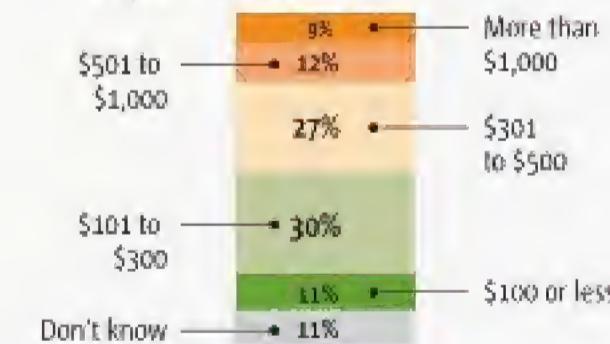
3. Do you think Mass. should lift the cap on the number of charter schools?



4. Over the last 10 years, do you think the quality of education across public schools in Mass. has gotten...?

- A. Better 29%
- B. Same 38%
- C. Worse 25%
- D. Don't know 8%

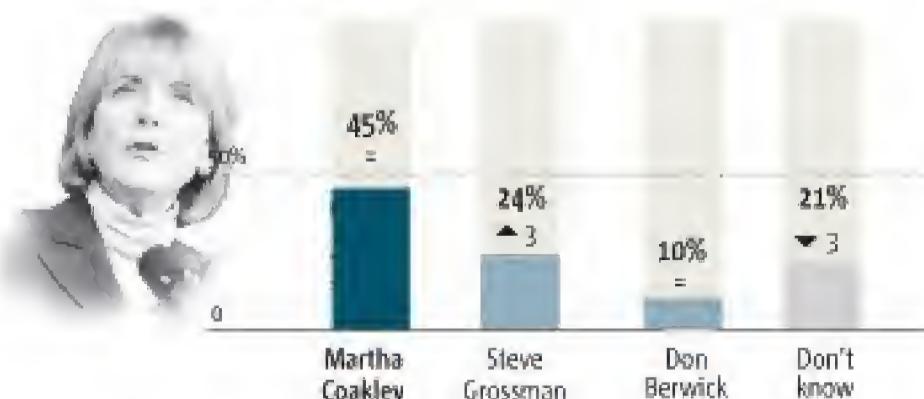
5. How much do you think you will spend in back-to-school shopping for your children?



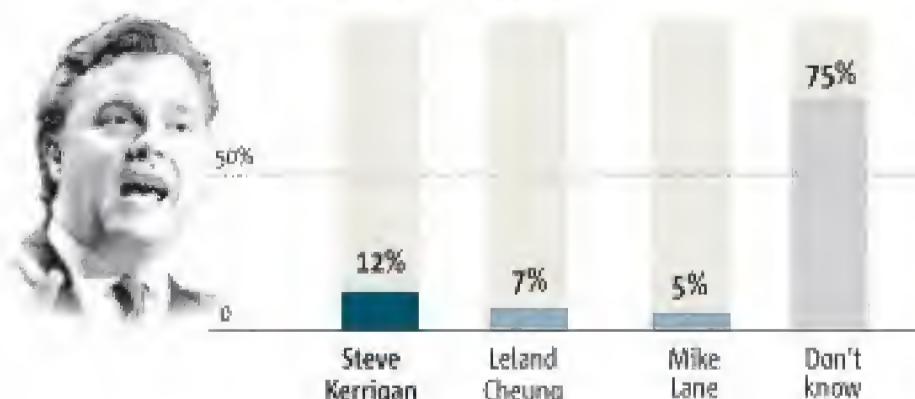
How the Democratic candidates are faring in the primaries

◆ Change from last week, in percentage points

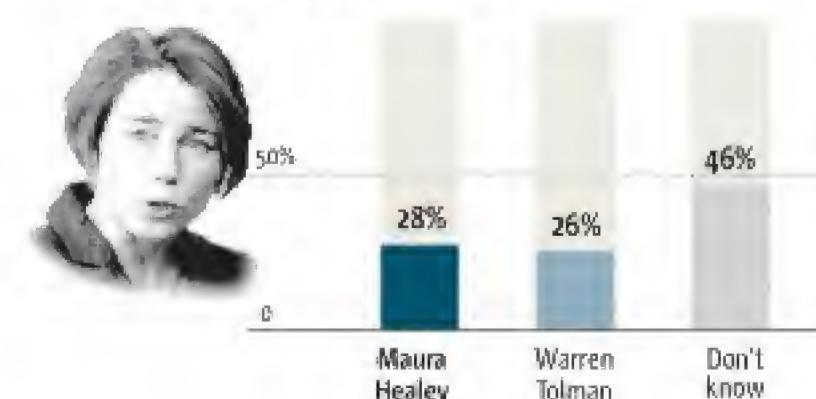
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Quake hits north of San Francisco

Earthquake. The 6.0 quake jolted many residents out of bed when it hit at 3:20 a.m.

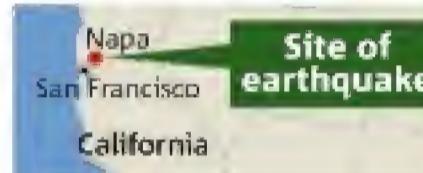
A 6.0 magnitude earthquake rocked wine country north of San Francisco early on Sunday, injuring dozens of people, damaging historic buildings, setting some homes on fire and causing power outages around the picturesque town of Napa, California.

Three people were seriously injured, including a child who had multiple fractures after a fireplace fell on him, local fire battalion chief John Callahan said. Six fires broke out, including one that consumed six mobile homes, he said.

The local Queen of the Valley hospital said it had treated 89 patients.



A worker looks at a pile of wine bottles that were thrown from the shelves at Van's Liquors in Napa, California. / GETTY IMAGES



There were no reports of fatalities, but the quake shook up residents, said Barry Martin, community outreach coordinator for the City of Napa, which has a population of 77,000.

"This was a pretty big jolt in Napa, but it certainly is not the Big One," Martin added in com-

ments to local television, referring to Californians' fears of a catastrophic quake.

Most damage appeared centered around Napa, a famous wine-producing region and a major tourist destination.

Brick facades gave way in the historic section of downtown Napa, and bricks fell off a second-floor corner of the courthouse, which showed cracks. On the main street, masonry collapsed onto a car. / REUTERS



Britain says it's close to IDing suspect in Foley beheading video

Video. The actions of ISIS inspired widespread revulsion in the West and a desire to hunt down the killer.

Britain is close to identifying a suspected British national shown beheading American journalist James Foley in a video released by Islamic State militants last week, the British ambassador to the United States said on Sunday.

The horrific video showing the killing of Foley last week, together with a threat to kill another American journalist being held hostage, Steven Sotloff, inspired outrage in the West and a desire to hunt down the killer.

The masked knifeman shown in the video spoke Eng-



The Islamic State militant that beheaded James Foley. / YOUTUBE

Quoted

"They are one plane ticket away from U.S. shores."

Rep. Mike Rogers, Republican chairman of the House of Representative Intelligence Committee, said on NBC's "Meet the Press."

lish with a London accent, and security services have launched a major attempt to find out who he is by analyzing the video and seeking to identify him from

among the estimated 500 Britons believed to have gone to join the jihadists in Iraq and Syria.

Former hostages of Islamic State have suggested that the man in the video is one of a group of British Islamists assigned to guard foreign prisoners. They have been dubbed John, Paul and Ringo, of The Beatles, because of their British accents, and British media say the suspect is "jihadi John."

Republicans on Sunday called for more aggressive U.S. action to defeat Islamic State militants in Syria and Iraq, accusing President Barack Obama of policies that have failed to thwart potential new threats on U.S. soil.

Rep. Mike Rogers urged the administration to work with Arab partners on robust steps to disrupt the operations of ISIS.

REUTERS

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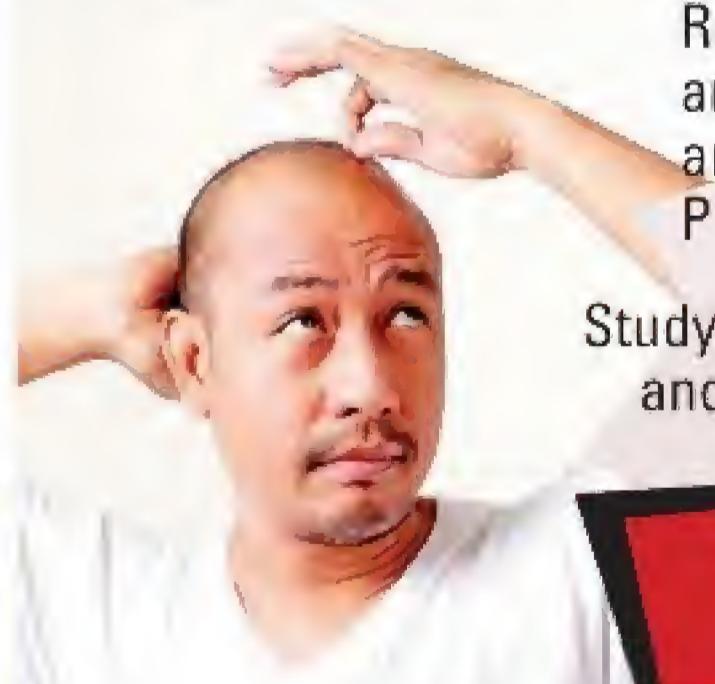
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2

CULTURE

In the news



Rap mogul Suge Knight was hospitalized after violence erupted at a VMAs pre-party early yesterday morning, with shots fired at R&B star Chris Brown but hitting Knight and two other attendees instead. TMZ reports that one of the unidentified victims is in critical condition. Multiple shots were fired around 1:30 a.m. at West Hollywood nightclub 1OAK, with several sources claiming Brown, who hosted the party, was the intended target.



Ariana Grande

The former Nickelodeon looks like Blond Ambition-era Madonna, a reference that might be lost on the 21-year-old star, as the "Problem" singer was born three years after the Blond Ambition tour ended.

Nicki Minaj

Despite her wildlife print, Nicki Minaj was tame on the red carpet this year, at least tame by her standards. It's a short dress, but this is a woman whose past VMA appearances were marked by her neon wigs and accessories.



Taylor Swift

Taylor Swift totally owned the cute little jumper she wore and nobody can take that away from her (the way Kanye tried to take an award away from her five years ago). The only thing we might have changed is how close the letter V is to her actual V.



Amber Rose

Amber Rose, who was there to cheer on husband and "We Dem Boyz" singer Wiz Khalifa, was a bit of a distraction in her bejeweled dress, which left little to the imagination and accentuated her curvaceous bod.



Miley Cyrus

Miley Cyrus may have dominated post-VMAs talk in 2013, but she actually kept her tongue inside of her mouth for a few photos this year.

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What's in a name?

Did you feel added pressure going into acting because of your name?
Because of [director] Rainer Werner Fassbinder? There were different connotations that could be made with my name when I was younger, so I've definitely been on the receiving end of some of those. I've gone through the various ways that my name can be shortened or rhymed.

Head of the class

Interview. Actor Michael Fassbender loved having his face obscured in "Frank."



Yes, that's Michael Fassbender underneath a papier mache head in "Frank," out now. / MAGNOLIA PICTURES

As the titular character in "Frank," Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mache head. You'll just have to take him at his word that it's him underneath the whole time, but we believe him. Oh, and did you know Fassbender's classmates used to make fun of him in school because of his last name? Because they did. Presumably those same classmates are feeling just the tiniest bit of regret now, given where young Michael ended up.

How do people know it's actually you under the head for the entire film?
They don't. [Laughs] Well, I

mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used, because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mache head?

It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head and just standing there looking at another cast member, they're looking at me going, "What's he thinking? Is he asleep in there?" There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between the audience and the mask.

There's this notion in the film of being envious of artists with terrible childhoods explored here. Did you experience any of that growing up?

Absolutely. I think definitely when I was at drama school I thought the torture and the pain is necessary to gain any quality — like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. I've seen plenty of talented people not work because they weren't really ready when the opportunity comes. With this kind of profession, opportunities come about but maybe not so regularly.



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WHEN IT'S THEM, NOT YOU

Common superstition holds that bad (and good) things come in threes. So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue in my column.

One client had been the target of a rant from a normally agreeable co-worker; the other by an old friend. My antagonist had been a usually friendly neighbor who hurled insults and accusations at me when, while my attention was diverted, my dog chose to mark my neighbor's sidewalk garden.

Though you might laugh, the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago by contacting local media when his landlord threatened to destroy it. Perhaps my dog and I had behaved objectionably, but did it really warrant such vitriol?

As a general rule, when people overreact to a relatively minor offense there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have innocently stumbled into an old, unhealed wound, making you the perfect patsy for, say, unexpressed anger toward their abusive, overbearing or self-absorbed parent. In this situation, maintaining good personal boundaries — "It's not me, it's them" — can make the difference between feeling miserable and fighting back, which will only make things worse, or shrugging it off and moving on.



When a colleague is already stressed, even a simple mistake can escalate into an argument. / PHOTODISC

Advice

Not letting someone's anger affect you can be easier said than done, especially if the accusations touch a nerve or when your character assassin is someone you care about. In these cases, take some deep breaths; then, try one or more of the following, depending on the circumstances:

1 Recognize the anger

"I see that you're angry. What would help you feel better?"

2 Take the high road

"I can't receive any constructive feedback when you're personally attacking me."

3 Dead-end the anger by insisting on a halt

"Stop, that's enough! We'll talk when you've calmed down."

4 Detoxify with an apology

"I'm sorry. I didn't mean to hurt you. What upset you about what I did?"

5 Point out the futility of the interaction

"We're getting agitated and going nowhere. Let's back up and start this discussion again."

6 Diffuse the anger with validation

"What you are saying makes sense. I agree that etc."

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KIM SCHNEIDERMAN, MSW, LCSW

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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life" is scheduled for publication in the spring. Email Kim your questions at askkim@metro.us.



Final thought

Even when there's an element of truth or culpability buried in the complaint, it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbor, who apologized the next day.

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JOBS

14

Ways to run a dynamic and productive meeting

Advice. Keep your meetings focused and yawn-free.

You're at a meeting inside your office's conference room. You most likely feel:

- a) bored out of your mind
- b) confused as to what the point of the discussion is
- c) annoyed that you were pulled away from your desk or
- d) a combination of all of the above.

If there's one thing most office workers have strong opinions about, it's unproductive meetings. But despite all of the evidence, little has been done to change the way most companies conduct business. We recently chatted with consultants Dick and Emily Axelrod about their new book "Let's Stop Meeting Like This: Tools to Save Time and Get More Done" and what managers can do to fix common issues.

LET'S STOP MEETING LIKE THIS



TOOLS TO SAVE TIME AND GET MORE DONE
DICK AND EMILY AXELROD

Content-heavy meetings should always be scheduled in the morning, say consultants Dick and Emily Axelrod. / DIGITAL VISION

Keep a schedule

"There should be ground rules for how long anyone can speak," says Emily. Having a designated timekeeper who makes sure things stay on schedule and helps moderate discussions can make a big difference.

Make it a point to get everyone comfortable

"You want everyone to feel connected and have a collaborative space," says Dick. "If there are new people, then you really have to have time for people to get to know each other."

Let everyone have a chance to speak

Letting one person dominate a meeting is a recipe for disaster. "One thing to do is to institute a rule that says, 'Before we discuss anything, we should go around the room so that everyone has time to speak,'" advises Dick.

Be clear about the purpose

"It's important to ask, 'What are we trying to create here?'" says Dick. "When you know where you are and what you want to create, you begin to see things that you didn't see before." Don't waste your coworkers' time or patience by going off-track.

Know what a successful meeting looks like

Managers, says Dick, should work to make sure that employees "leave a meeting feeling that it was time well spent. There should be a little challenge," he continues. "People should feel that they learned something new. What you don't want is a meeting where you're sitting there thinking, 'All of my work is piling up on my desk.'"

Build in breaks so people can check their phones

On the other hand, sometimes there are simply long meetings that everyone must attend. In those cases, Emily recommends working five-to-10-minute breaks into the schedule to ensure that you have everyone's focus while the discussion is going on.



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Let anyone who seems bored or distracted leave

The Axelrods say they once had a client who made all meetings voluntary because he was tired of dealing with employees who looked distracted or bored or were constantly on their phones. "If he gets the idea that they'd rather be somewhere else, he just asks them if that's the case," says Dick. "He trusts that people know how to manage their time."

Horoscope

Virgo | Aug. 23-Sept. 22. A day that starts full of promise may end up being less than satisfactory. A rash decision could turn out badly. Be mindful of the deals you are offered.

Libra | Sept. 23-Oct. 22. You might be sent on a wild goose chase. Make sure to do your homework. Unless you get agreements in writing, you could end up with less than you bargained for.

Scorpio | Oct. 23-Nov. 21. Broaden your horizons, and acquaint yourself with clubs or groups in your area. You will discover that you share a passion with someone.

Sagittarius | Nov. 22-Dec. 21. Channel your energy into completing tasks and honoring your responsibilities. The longer you procrastinate, the more stressed you will feel.

Capricorn | Dec. 22-Jan. 20. You might have to take a small detour today. If your target remains the same, consider alternate ways to reach your destination. Seek the advice of one who is knowledgeable.

Aquarius | Jan. 21-Feb. 18. Every investment involves an element of risk. Make sure you don't overextend your budget on a foolish get-rich-quick scheme. Focus on self-improvements that will add to your current marketability.

Pisces | Feb. 19-March 20. Your eagerness will be disconcerting to someone you live or work with. If you don't want to risk a parting of the ways, rethink your strategy. Being a team player will pay off.

Aries | March 21-April 20. Compromise and sharing will make this day a success. You can get ahead if you make others realize your goals and how you intend to reach them.

Taurus | April 21-May 21. Consider what you can do to improve your confidence. If a personal change will help, try to initiate it quickly. Looking to the future and planning where you want to go will be beneficial.

Gemini | May 22-June 20. Steer clear of any sort of altercation. You may feel your energy waning as the day progresses. Take it upon yourself to get necessary things done early.

Cancer | June 21-July 22. There are many people in your corner. Listen to their concerns and value the opinions you are offered. You don't have to move forward all by yourself.

Leo | July 23-Aug. 22. Focus on improving your cash flow. Go over your investment portfolio and see if any changes need to be made. Professional advancement is likely if you are conscientious.

EUGENIA LAST

Letters

Those weren't the robots you were looking for

Re: 'Who's Next' (Metro, Aug. 21-24) Please don't confuse your American audience.

The TARDIS is not simply a telephone booth — it is a police box. We might not have them in America, but they're not really interchangeable. While we're on the subject of things that aren't really interchangeable, the six-letter word for R2-D2 and C-3PO is properly "droids" (not "robots," as your

Aug. 19 crossword suggested). You could have used "Tom Servo and Gypsy" from Mystery Science Theater 3000 as a clue, and everyone would have been happy.

ANTHONY P. FARRELL, VIA EMAIL

Metro should hold itself to a higher standard.

PATRICIA RUSSO, VIA EMAIL

Let the jury, not mob, decide

Re: 'Nobody's right' (Metro, Aug. 19) As I read the letter by C.J. Evans, I, too, remember Buffalo Springfield's lyrics, "Nobody's right if everybody's wrong." However, in the case of Ferguson and the police killing of a young black male, nobody even knows the whole story yet.

Evans, like so many others, has

already bought his rope for the hanging just as a grand jury has started its deliberations. What is this rush to judgment? What is wrong with our society when so many, apparently including the governor of Missouri, have already found the police officer guilty and he hasn't even been charged yet? Do we prosecute cops to the fullest extent of the law before the trial now?

SAL GIARRATANI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Not fit to print

Re: 'What women want in bed, Pt. 2' (Metro, Aug. 14) I was appalled when I read the column about "what women want." The content really crossed the line, and I was disgusted that it was included in a family newspaper.

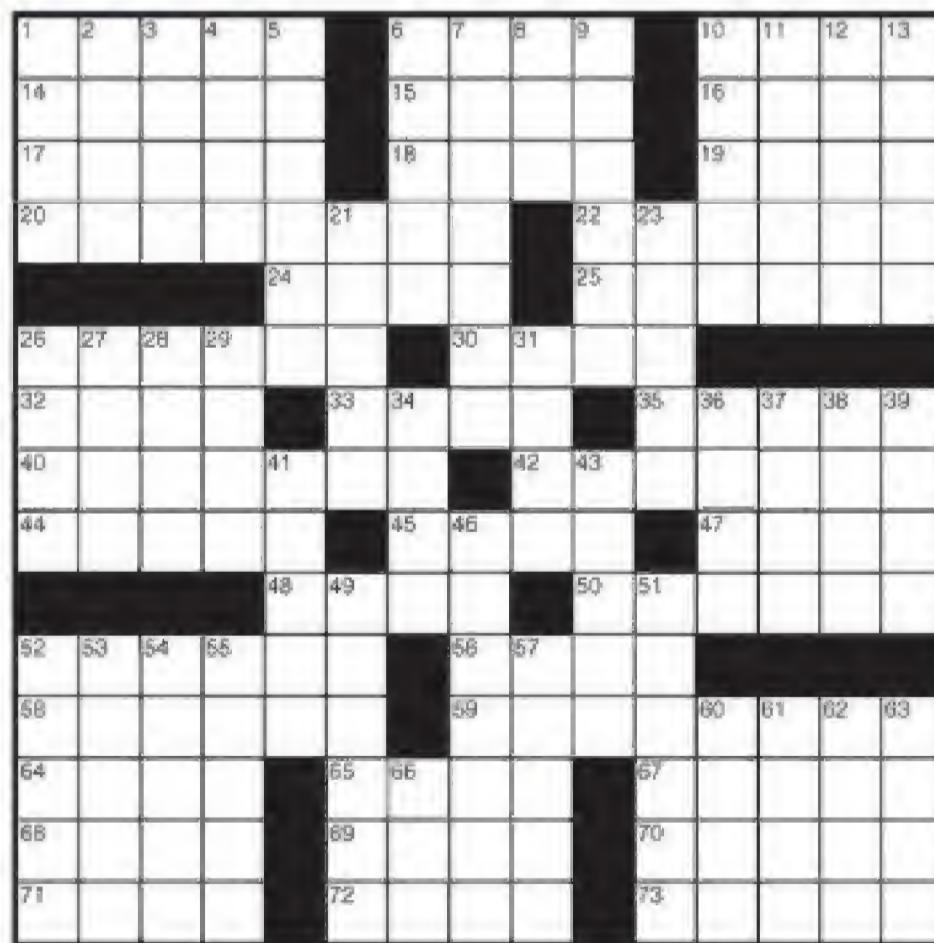
Sudoku: Easy and hard

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How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

- 1 Spills the beans
- 6 Freighter, for one
- 10 Fermi split it
- 14 Bolt for an I-beam
- 15 "Typical Male" singer
- 16 Easy mark
- 17 Romance, in Rome
- 18 Hardwoods
- 19 Change for a five
- 20 Ruin
- 22 Pungent seasoning
- 24 Escape
- 25 Far afield
- 26 Acid in vinegar
- 30 Hole punchers
- 32 Bathe
- 33 Workers' protection org.
- 35 Sultans' cousins
- 40 Potter, e.g.
- 42 Fortress
- 44 Nutritional supplement
- 45 — my word!"
- 47 Actress — Olin
- 48 Villain in Shakespeare
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- 52 Very strong
- 56 Road division
- 58 Surface
- 59 Cooler (2 wds.)
- 64 Ms. Kournikova
- 65 — von Bismarck
- 67 More blustery
- 68 Disposes of
- 69 PC owner
- 70 "Maria —"
- 71 Return env.
- 72 Gull's cousin
- 73 Irritable
- 6 Pocketed
- 7 Racetrack near Miami
- 8 Cuttlefish defense
- 9 French mathematician Blaise —
- 10 Take in a stray
- 11 Radio dial
- 12 Horse —
- 13 Unkempt
- 21 Bauxite giant
- 23 Liability opposite
- 26 Not home
- 27 Be concerned
- 28 Is, in Argentina
- 29 Not that
- 31 Baylor University site
- 34 Tucked in
- 36 Browser's delight
- 37 — fixe
- 38 Russo or Descartes
- 39 Wallop
- 41 Smart
- 43 Harebrained
- 46 More civil
- 49 Dined at the diner (2 wds.)

Down

- 1 Carpet nail
- 2 Large sedan
- 3 State positively
- 4 Swiss capital
- 5 Graf of tennis
- 6 Hush-hush
- 7 Fall fruits
- 8 — vincit amor"
- 9 Watches over
- 10 Delete a file
- 11 Squirrel snack
- 12 — and hearty
- 13 Flock members
- 14 Mailed out
- 15 Cafeteria item
- 16 Mao — tung

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Yesterday's answer



3

SPORTS



Visit [Metro.us](#) to view our rankings of the top fantasy football wide receivers.



Jessa Lemoine, of Lunenburg, Massachusetts, trains for the start of the season. / BOSTON IRON

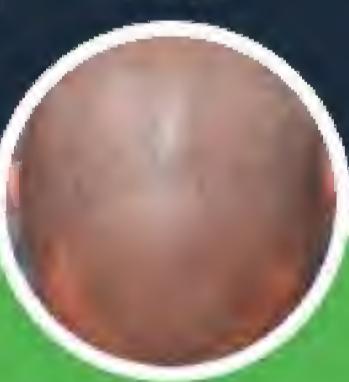
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BEFORE



AFTER



The Iron make debut as Hub's new pro team

NPGL. The Boston Iron are members of the first ever "pro fitness league" in the U.S.

Fetishes aside, watching men and women lift weights at your local gym isn't typically considered "entertaining."

But a co-ed, two-hour, take-no-prisoners relay race that involves tossing barbells around? That's something. It might not overtake Sunday Night Football in the ratings anytime soon.

We have liftoff

The Boston Iron debuted Sunday at the Tsongas Center in Lowell.

- The Iron features athletes from all over the globe, including Iceland, Australia, Sweden and Canada.
- Boston's Spencer Hendel is one of the bigger names



SPENCER HENDEL AND THE IRON
BEGAN COMPETITION SUNDAY.
BOSTON IRON

ture of the sport.

Boston's Josh Plosker—owner and GM of the Boston Iron—is betting that interest in the National Pro Grid League will grow because of intrigue itself. It's a sport that's hard to explain—but think of it as some combination of "American Gladiators" meets CrossFit meets "American Ninja Warrior" meets Olympic weightlifting.

The NPGL describes itself as a combination of "strategy, brute physical power and agility," and Plosker and the league's other owners from across the United States have big goals for the fu-

ture of the sport.

"We want to operate and be like any other major pro sports league," said Plosker, who owns several gyms in Boston. "We're seeing the world of functional fitness explode, and to make a professional league out of it, I thought, was a great idea. I thought it was a great opportunity, that this thing could have some legs and eventually really be something special."

The league got off the ground last Wednesday as the New York Rhinos beat the LA Reign, 20-15, at Madison Square Garden. Plosker's Boston Iron, meanwhile, made their debut at the Tsongas Center in Lowell on Sunday, falling to the Miami Surge, 21-15.

The Iron will be in action again on Sept. 7 at San Francisco and on Sept. 11 at Phoenix and could make their national TV debut in late September if all goes well. The NPGL quarterfinals will be broadcast on NBCSN on Sept. 23 and 24 and the finals in early October will be broadcast on NBC from Mandalay Bay in Las Vegas.

Next year the NPGL plans to expand its league schedule to eight to 10 regular-season games.



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@BurkeMetroBos
matthew.burke@metro.us

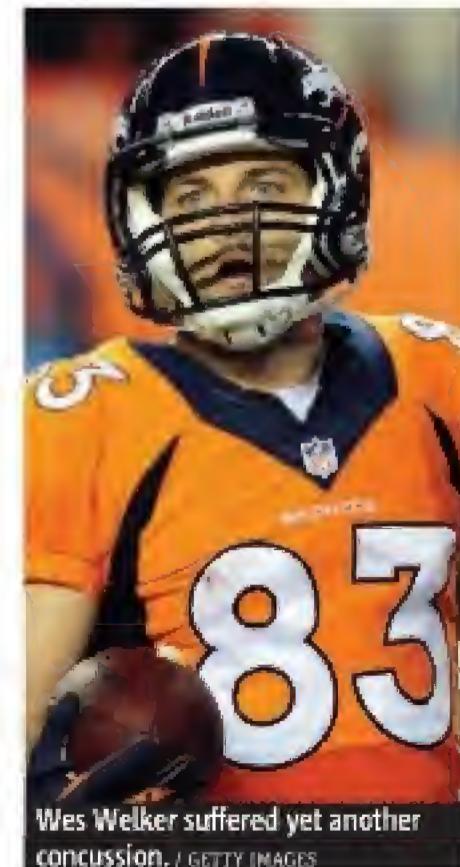
NFL. Major stars in league injured in third weekend of preseason

The third preseason game of each NFL year is said to be the closest thing to the real thing. That was certainly the case this past weekend in terms of intensity as two major figures went down due to injury.

St. Louis Rams quarterback Sam Bradford tore the ACL in his left knee Saturday night against Cleveland and is out for the entire 2014 season. Meanwhile, Denver Broncos receiver and former Patriots star Wes Welker sustained

a concussion, his third concussion in less than a year. Saturday against the Texans. It is not yet known how long Welker will be on the shelf.

Denver quarterback Peyton Manning objected strongly to a helmet-to-helmet hit on Welker, which was dished out by Houston safety D.J. Swearinger. Manning confronted Swearinger after throwing a touchdown pass, and was flagged for "taunting." METRO



Wes Welker suffered yet another concussion. / GETTY IMAGES

Super cuts



Patriots release Kelly, Smith

The Patriots began making cuts Sunday, two days before NFL rosters must be cut down to 75 players, and several veterans are on their way out of Foxboro. Defensive linemen Tommy Kelly and Will Smith were released as well as linebacker James Anderson, according to ESPN.

The release of Kelly comes as something of a surprise as the former Raiders star had been working with the Pats' first-unit defense for much of training camp. The 33-year-old was solid for New England last season as he registered 2 1/2 sacks and 12 tackles in the five games he played in before going down with an ACL injury in an early October game against Cincinnati.

Smith, a former member of the New Orleans Saints, signed a one-year deal with the Patriots in May. He also was recovering from an ACL injury, one that he sustained in the preseason last year.

MATT BURKE

Sox moves quite unconventional

MLB. The acquisitions of Yoenis Cespedes and Rusney Castillo are a change from the norm, for sure.

The Red Sox have been out of contention for weeks now, but from late July up until this past weekend, the Sox have had the baseball world's attention. Boston first grabbed headlines with its acquisition of Yoenis Cespedes from Oakland at the July 31 non-waiver trade deadline, and last Friday wowed many with the signing of Cuban defector Rusney Castillo for seven years and \$72.5 million.

Castillo is expected to play in Boston this season but he will first begin working out at the Red Sox training facility in Fort Myers, Fla.

"This is an exciting player," Red Sox GM Ben Cherington said of Castillo. "He's got a great combination of skills and defensive ability, speed and solid power."

It's certainly an unconventional approach by the Red Sox to acquire big-money talent and have them play out the string in a "lost season."



Rumor has it that the Red Sox are acquiring pieces to tempt Miami into trading Giancarlo Stanton. / GETTY IMAGES

On the surface, the moves are being made simply to line up a potent 2015 lineup. But it has been suggested that Cherington may have ulterior motives. Gordon Edes, of ESPNBoston.com, suggests that the Sox GM could be acquiring all of these "ready-made" players in order to swing a blockbuster deal for Miami Marlins stud outfielder Giancarlo Stanton this off-season. Edes also wrote this weekend that White Sox lefty Chris Sale could also be on Boston's winter wish list.

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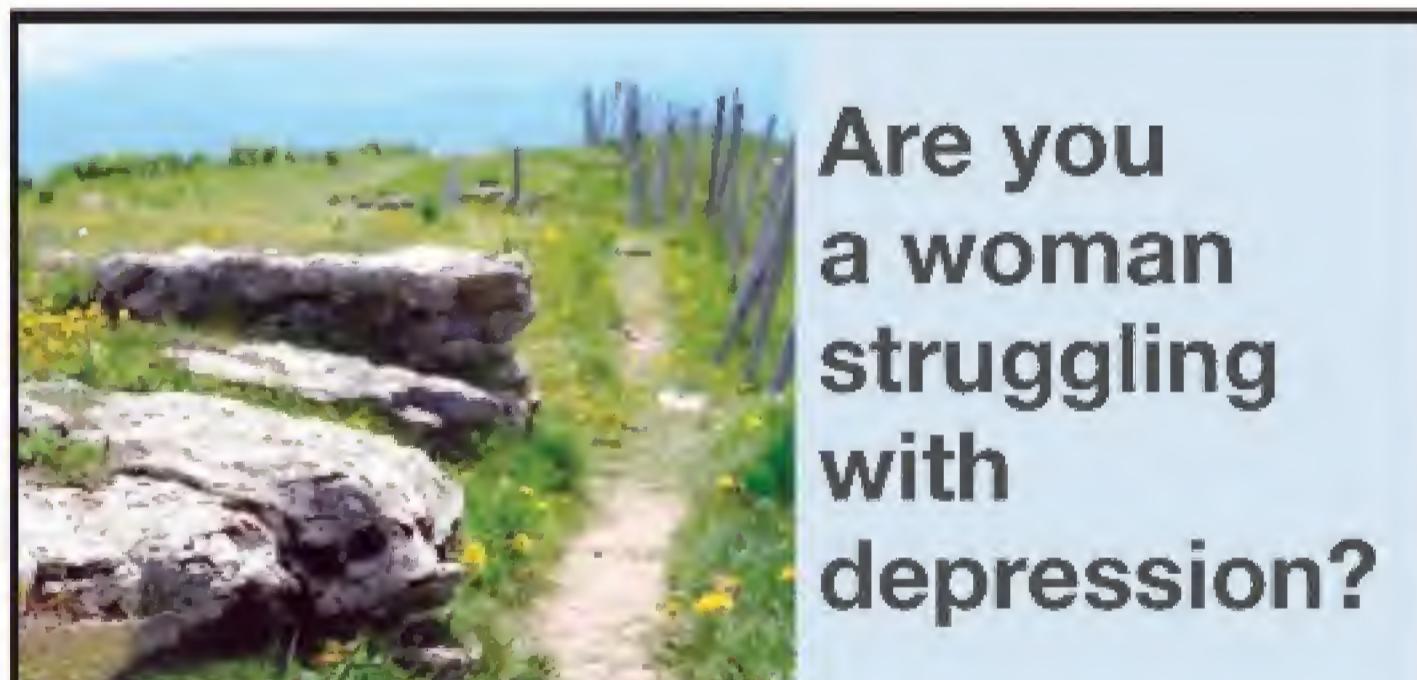
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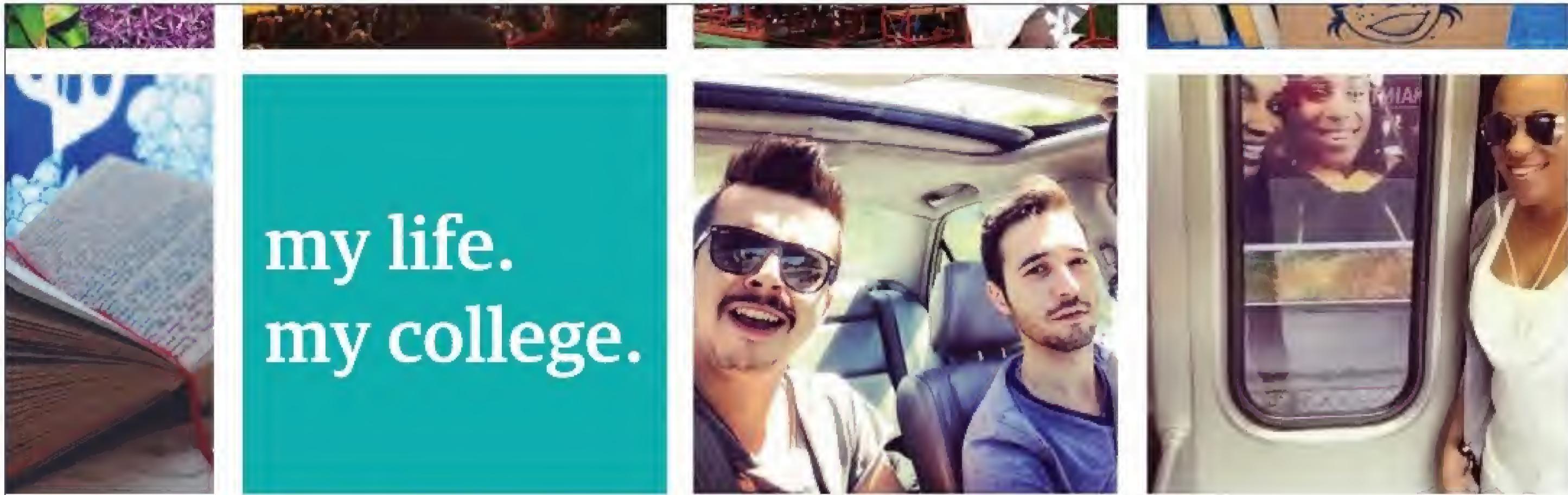


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